

Tropical Times

November 23, 2011



GM1 Nick Ayala teaches the Petty Officer Indoctrination class with Ma1 Sean D. Wiscarson Diego Garcia, British Indian Ocean Territory, Nov. 21.



**Article submitted by
Lt. Cmdr. Robert Spencer
Command Chaplain, NSF Diego Garcia**

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Tip-to-Tip Bicycle Race

The long, anticipated and multi-delayed Diego Garcia Tip-to-Tip (T2T) bicycle race finally took place Nov. 12. As a participant, I can honestly say it was the most enjoyable Morale, Welfare and Recreation (MWR) activity I have done since my arrival in April. It was well worth the wait.

Just what is the T2T race? Twice a year islanders load their bicycles onto a naval vessel for transport. The riders then board another vessel that takes them to the other end of our weirdly shaped island which can be described as looking like a thin and crooked horse-shoe. After a 30-minute transit across the 9-mile lagoon, we got on the bikes and proceeded to pedal to the other tip of the island.

It's a 37-mile endeavor with part of the pathway going through a dense jungle, dirt roads, and finally, pavement. My biggest concern was getting lost on the

jungle path, but that concern was soon dismissed. All we had to do was just get on the path and pedal.

Others were in front and behind.

It rained previous days prior to this event which made the jungle trail slippery with some inconveniently placed puddles. Add a few loose coconuts, exposed tree roots, palms the occasional overhanging branches, and it made an interesting ride. The jungle path was approximately 12 miles in length and was very narrow for passing others.

The next portion was the dirt road that took us past the Plantation. Here we encountered bodies of water the size of small ponds. It was a risk to blaze through them without knowing what was beneath the surface. It could have been a deep rut or a wayward coconut. Regardless, taking that risk with the unknown was part of the fun.

The Ground-Based Electro Optical Deep Space Surveillance site was the midway point. This portion of the ride was approximately 17 miles. After going through the donkey gate I was on familiar turf. My weekly ride from this landmark takes me about an hour, which meant the finish line was only that far away.

Would I be able to maintain my stamina? With 10 miles remaining, that question was answered when my heart said, "Yes," but my body said, "Probably not."

Others began to pass me more often. With four miles remaining, I had to take a short 90-second break. This was all I needed. I was refreshed for the grand finale. A few minutes later, I was having my photo taken at the end of the ride in front of the T2T banner.

I was physically drained and covered with mud, but very happy. I felt as though I had accomplished something fun and worthwhile that day. More importantly, I have

the coveted Diego Garcia MWR t-shirt to prove it. Sometimes, the paths we take in our lives may be filled with obstacles that should be avoided. We all have probably hit a few of them. How do we determine those paths that are best for us? The Ten Commandments are a great starting point. They are time tested, and they come from the God who leads us to the right paths in our lives. It's up to us to make the decision to take that path. God also gives us the stamina to finish all races.

"You have made known to me the paths of life; you will fill me with joy in your presence." (Acts 2:28)



Message from the

J A G

JUDGE ADVOCATE GENERAL

Submitted By
Lt. Cara Addison
Command Judge Advocate
Region Legal Service Office, Japan

What's on Your Facebook Page?

While the Department of the Navy (DON) authorizes unofficial Internet posts of content about, or related to, the DoN, by DoN personnel in a personal capacity, it is also concerned about the effects of such posts. Personal comments, photographs, videos, graphics and blogs about the Navy on Internet-based capabilities reflect on the individual, on commands, and on the service as a whole. Members must use their best judgment when posting on social networking sites, instant messenger, discussion forums and the like. Unofficial Internet posts, including Facebook pages, Twitters and blogs, are not endorsed by any part of the DoN and are not subject to any DoN approval process. DoN personnel must be responsible enough

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A disclaimer is required when expressing personal opinions about DoN matters. DoN personnel should

clarify that they are speaking for themselves and not on behalf of the DoN. They should also guard against cyber criminal and attackers, who may seek information by being a Facebook "friend" or Twitter "follower." For more guidance on the safe use of social networking sites, visit <https://www.iad.gov/ioss/index.cfm>. Please contact the Legal Office at 370-2922 with questions about posting Navy-related material to the Internet.



For more information or to make a donation contact your departmental CFC representative

Making the Grade

Sailors stationed aboard Diego Garcia, British Indian Ocean Territory take part in their Petty Officer Indoctrination (Indoc) class Nov. 21-23. All Sailors who were selected for advancement are taught by experienced petty officers on how to be a leader. The Sailors have three days of Indoc and on the final day they are given their crowns during a frocking ceremony.



Navy Leadership, Wounded Warriors Play in Wheelchair Basketball Exhibition

By Mass Communication Specialist 3rd Class (SW) Mikelle D. Smith, Defense Media Activity

ARLINGTON, Va. -- In honor of Warrior Care Month 2011, military personnel from every branch of service participated in the Wounded Warrior Wheelchair Basketball Exhibition held at the Pentagon Athletic Center, Nov. 18.

Wounded Sailors had the opportunity to share in the festivities alongside key Navy leadership including Assistant Secretary of the Navy (Manpower and Reserve Affairs) the Honorable Juan M. Garcia; Commander, Naval Sea Systems Command Vice Admiral Kevin M. McCoy; and Master Chief Petty Officer of the Navy Rick West, during a two-hour basketball clinic followed by the basketball exhibition.

"The most important thing about this event is to highlight these wounded warriors and understand that the best days of their lives and service to country are still ahead of them," said Garcia. "To see what our wounded warriors are challenged with every day is really a humbling experience. I can unstrap myself and

get out of this chair at any moment, and some of them can't which is a testament to their spirit."

Personnel not directly involved with the event were also given the opportunity to get in a chair and shoot hoops with the service members, which provided further insight to the continuous potential and determination of wounded warriors.

"Being out here with these warriors and getting to do this is a great experience and an honor," said West. "They are determined, and they are ready to get down to business. They are a really talented group and they make it look easy when it is really quite challenging."

Operations Specialist 2nd Class Joseph Frank, wounded warrior and participant, expressed his gratitude for the men and women that took the time to acknowledge and support warrior care month, as well as the continued efforts of organizations that sponsor events such as the exhibition.

"Really, you never know the types of abilities you need to play basketball in a wheelchair until you get in one and



WASHINGTON (Nov. 18, 2011) Master Chief Petty Officer of the Navy (MCPON) Rick D. West warms up before a wounded warrior wheelchair basketball exhibition at the Pentagon. The Navy hosted the joint-service event in recognition of Warrior Care Month. (U.S. Navy photo by Mass Communication Specialist 1st Class Arif Patani)

shooting around," said Frank. "I want to personally thank Navy Safe Harbor because they really put forth a lot of effort to bring us [wounded warriors] together and give us the support we need to get back into doing physical activities again. I really appreciate it."

The event was sponsored by the Navy Safe Harbor Foundation and the Marine Corps Wounded Warrior Regiment. Both organizations focus on providing wounded warriors and their families with non-medical care assistance and concerns such as transitioning back to active duty or the civilian community.

"This event gives the people here the opportunity to experience both sides of the equation when dealing with wounded warriors," said Will Wilson, program manager for Navy

Wounded Warrior Adaptive Reconditioning and Sports.

"Having experienced both sides, being a wounded warrior myself, I can tell you that athletics is a lifesaving adventure. I've had athletes say that this is the only thing that keeps them going. If we can expose our leadership to what these guys have to experience every single day, it's advantageous."

Warrior Care Month is a national, joint-service effort to honor wounded warriors and their families. The theme of Warrior Care Month 2011 is "Unleashing Unlimited Potential: Healing a Wounded Warrior's Mind, Body and Spirit."

For more news visit www.navy.mil.

U.S. Navy's Self Defense Test Ship Successfully Transits on Alternative Fuel Blend

From Naval Sea Systems Command Public Affairs

Port Hueneme, Calif. -- The U.S. Navy successfully concluded its largest demonstration of shipboard alternative fuel use Nov. 17, with the successful arrival of the Self Defense Test Ship (SDTS) to Naval Surface Warfare Center Port Hueneme, Calif.

The SDTS is a decommissioned Spruance-class destroyer ex-Paul F. Foster (EDD 964) reconfigured to provide the Navy an at-sea, remotely controlled, engineering test and evaluation platform without the risk to personnel or operational assets.

The ship received approximately 20,000 gallons of a 50-50 blend of an algae-derived, hydro-processed algal oil and petroleum F-76 from the Defense Fuel Supply Point at Naval Base Point Loma, Nov. 16.

"How can we have an impact?" asked Assistant Secretary of the Navy (Energy, Installations and Environment) Jackalyn Pfannenstiel at the demonstration's kick-off. "We can have an impact as a technology leader, highlighting and demonstrating the viability of biofuels as we are here today. This demo, the largest to date, is a major milestone for us. More than 50 percent of our fuel goes to maritime use. When this ship arrives in Port Hueneme, we will be a giant step closer to powering our Great Green Fleet and demonstrating progress toward a sustainable energy future."

Shortly after Pfannenstiel's remarks, the ship began its 17-hour transit back to Naval Surface Warfare Center Port Hueneme using the 50-50 blend. While the SDTS has four LM 2500 main propulsion gas turbines and four 501-K17 ship service gas turbine generators, the ship only operated on one LM 2500 and two 501-K17s during the demonstration, so 100 percent of ship's propulsion power and 50 percent of service power came from the algal oil/F-76 fuel blend.

Meeting the secretary of the Navy's call for a drop-in fuel replacement, no changes were required to the infrastructure of the ship or fueling pier for the SDTS test. The demonstration also marked the only at-sea operational test of alternative fuels in the LM 2500 - the engine found in most surface combatants - before the Green Strike Group demonstration planned for 2012.

"For the test, a baseline run was made on the ship's transit from Port Hueneme to San Diego using F-76 fuel," said Rick Kamin, Naval Fuels and Lubricants Cross Functional Team lead. "Using the 50-50 blend on the return run to Port Hueneme, the tested engines were assessed on their abilities to perform start sequences as well as motoring and purging operations noted in Engineering Operational Sequencing System procedures.

"We also collected data on compressor inlet temperature,

engine speed, engine start time, fuel manifold pressure, turbine outlet temperature, turbine inlet temperature, ship service gas turbine generators power output and gas turbine main engine shaft output."

"From our perspective as the ship's operators, there was absolutely no difference, whatsoever, in the operation or performance of the ship," said Mike Wolfe, Naval Surface Warfare Center Port Hueneme Division underway project officer. "The fuel burned just like the traditional fuel we get from the Navy and have been burning for years.

We could not tell the difference. The biggest success is that a Navy ship with engines identical to those in commissioned warships operated successfully on an

PACIFIC OCEAN
(Nov. 17, 2011) The decommissioned Spruance-class destroyer ex-Paul F. Foster (EDD 964) conducts a successful demonstration of shipboard alternative fuel use while underway in the Pacific Ocean on a 50-50 blend of an algae-derived, hydro-processed algal oil and petroleum F-76. Paul F. Foster has been reconfigured as the Self-Defense Test Ship to provide the Navy an at-sea, remotely controlled, engineering test and evaluation platform without the risk to personnel or operational assets. (U.S. Navy photo by Charlie Houser)



overnight transit with the alternative fuel without a glitch in anything. Operationally, it was absolutely a success." The alternative fuels effort supports the Navy's overall energy strategy to increase energy security and safeguard the environment. Recent and upcoming maritime vehicle alternative fuel testing includes an ongoing yard patrol boat demonstration at the U.S. Naval Academy and a Landing Craft, Air-Cushioned vessel demonstration scheduled for early December at Naval Surface Warfare Center Panama City, Panama City, Fla. For more news, visit www.navy.mil.

NEWS *from around the fleet*

60-Day Transition Period for ERB-Affected Sailors

By Mass Communication Specialist 3rd Class Andrea Perez, Navy Personnel Command Public Affairs

MILLINGTON, Tenn. -- Commanders overseas are required to give Sailors separating due to the Enlisted Retention Board (ERB) the opportunity to be in the continental United States for at least 60 days prior to separation, according to NAVADMIN 332/11.

"For Sailors to have an effective plan and smooth transition, they need to learn about transition services and develop their personal way ahead," said Capt. Kate Janac, ERB coordinator, chief of naval operations.

"Sailors serving overseas do not have access to certain opportunities available to Sailors in the states. This early return from overseas affords Sailors the time they need to better utilize separation benefits and services."

Janac says commanders stateside may authorize up to 60-days for transition for Sailors facing separation prior to their end of active-duty obligated service date.

The 60-day transition period may include Permissive Temporary Duty for job hunting or run concurrently with separation leave. Under existing Navy policies and command approval, the transition period may also include any combination of normal working hours, liberty, Temporary Duty and regular leave.

"In general, Sailors will not take the 60 days afforded to them all at once, except for those stationed overseas who need to come back to the United States to a separation activity on separation orders," said Janac. "The mission must still be done, so both the chain-of-command and Sailor will have to plan ahead to optimize the time authorized for transition between now and Sept. 1, 2012."

In accordance with MILPERSMAN 1910-812, members eligible for separation while serving in the 48 contiguous United States will normally be separated on board their



PEARL HARBOR (Aug. 31, 2011) Sailors and Marines man-the-rails aboard the aircraft carrier USS Ronald Reagan (CVN 76) while entering Pearl Harbor for a port visit. Ronald Reagan is in the U.S. 3rd Fleet area of responsibility. (U.S. Navy photo by Mass Communication Specialist 3rd Class Kyle Carlstrom)

current command. If justification is presented and there is no additional cost to the government, Sailors may be authorized to transfer to a separation activity other than their current command, provided the gaining activity has separation capability and no objections to receiving personnel for transition separation, said Janac.

"The real goal is not to focus on reaching 60 days, but rather to construct a plan to engage the wealth of transition resources available for all Sailors, not just ERB-separating Sailors," said Janac. "Preparing for a new career requires a great deal of commitment and effort from Sailors in the

the same way they have already committed to the Navy."

For more information visit the Navy Personnel Command (NPC) ERB Web Page at www.npc.navy.mil/boards/ERB or email cscmailbox@navy.mil.

Thursday 24	Friday 25	Saturday 26	Sunday 27	Monday 28	Tuesday 29	Wednesday 30
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5K Fun-Run Fitness Center 8:30 a.m.	Grand Turkey Chase Main Outdoor Theater 2 p.m.	2-Man Scramble Golf Tournament Coral Sands Golf Course 7:30 a.m.	Windsurfing Regatta Marina 2 p.m.	3 X 200M Relay Swim Base Pool 6 p.m.	400M Kayak Slalom Race Marina 5 p.m.	Other Hand Free-Throw Shooting Contest Fitness Center 5 p.m. Military Only
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Love Happens Romance PG 13 8 p.m.	Jingle all the way Family PG 8 p.m.	The Smurfs Animation PG 8 p.m.	Cowboys & Aliens Comedy PG 13 8 p.m.	Rise of the Planet of the Apes Action PG 13 8 p.m.	The Change-up Comedy R 8 p.m.	Larry Crowne Comedy R 8 p.m.
	The Santa Clause Comedy PG 10 p.m.	Captain America Action PG 13 10 p.m.				

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Tropical Times

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SEXUAL ASSAULT PREVENTION AND RESPONSE

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